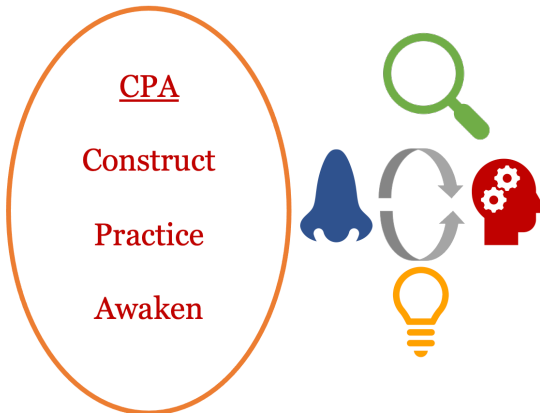


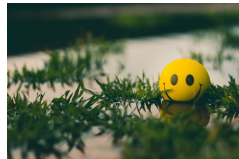
Session 5: Focused Awareness Kindness

Settling In. Focus. Clarity. Curiosity.

The CPA 8 Minute Mindfulness Practice™



Kindness = Less Negativity & Less Stress



Kindness to All